

### CLAIMS

I claim:

1. A foot mobility aid, comprising:  
an elongate flexible strap having a pair of opposite ends; and  
a first of said ends of said strap being folded back over an  
adjacent portion of said strap and coupled to said  
adjacent portion of said strap to form a foot loop  
adjacent said first end of said strap.
2. The foot mobility aid of claim 1, wherein said flexible  
strap having has a generally rectangular transverse cross section  
and having a pair of opposite faces, and a pair of side edges  
extending between said ends of said strap.
3. The foot mobility aid of claim 2, wherein said strap has a  
length defined between said ends of said strap and a width defined  
between said side edges of said strap, wherein said length of said  
strap is greater than about 2 feet, wherein said width of said strap  
is greater than about ½ inch.
4. The foot mobility aid of claim 3, wherein said length of  
said strap is between about 3 feet and about 6 feet, and wherein  
said width of said strap is between about 1 inch and about 3 inches.
5. The foot mobility aid of claim 1, wherein a buckle  
detachably couples said first end of said strap to said adjacent  
portion of said strap.

6. The foot mobility aid of claim 1, further comprising a resiliently deformable pad being coupled to said strap in said foot loop.

7. The foot mobility aid of claim 6, wherein a hook and loop fastener detachably couples said pad to said strap in said foot loop.

8. The foot mobility aid of claim 1, further comprising a handle being coupled to a second of said ends of said strap.

9. The foot mobility aid of claim 8, wherein said handle is extended substantially perpendicular to said strap.

10. A foot mobility aid, comprising:  
an elongate flexible strap having a pair of opposite ends;  
said flexible strap having a generally rectangular transverse cross section and having a pair of opposite faces, and a pair of side edges extending between said ends of said strap;  
said strap having a length defined between said ends of said strap and a width defined between said side edges of said strap;  
wherein said length of said strap is about 5 feet;  
wherein said width of said strap is about 2 inches for optimal comfort for a user's foot and flexibility of the strap;  
a first of said ends of said strap being folded back over an adjacent portion of said strap and coupled to said adjacent portion of said strap to form a foot loop adjacent said first end of said strap;

said foot loop being adapted for extending the foot of a user therein such that the arch region of the user's foot is positioned in said foot loop;

wherein a buckle detachably couples said first end of said strap to said adjacent portion of said strap;

a resiliently deformable pad being coupled to said strap in said foot loop, wherein a hook and loop fastener detachably couples said pad to said strap in said foot loop;

a handle being coupled to a second of said ends of said strap;

and

said handle being extended substantially perpendicular to said strap, said handle having a plurality of finger grooves.